

Webinar 10 Handout: **SAMPLE MEAL PLAN**

This chart may look rigid, but it is really just a skeleton or framework for your meal plan. Some of your clients will LOVE it because it can be used in a very strict and very concrete way. Others will use it as a loose template, whereby they fill in the blanks and tweak themselves (or with your help.) You need to use the knowledge you obtained in the intake form to really customize this to your client's lifestyle and preferences. Remind your clients that these are your suggestions, based on that information. The meal plan itself is very flexible! If your client is getting one starch a day, then they may choose to have it at breakfast, and not dinner. Sometimes they may need two servings of fat at a snack to feel an HQ of 4 (slightly satisfied). Remind your client that "normal/healthy" eating is not a perfect science. Use the principles to explain the big picture of healthy eating. The **results** are what you'll be looking at. As you go through the meal plan, start by discussing the principles of Nutritious Life eating outlined in the letter.

Note that the meal plan is build around food groups, because people eat food, not nutrients. However, you want your clients to be aware of the macronutrients that make up their food and understand that a single food can have a mix of carbohydrates, fats and protein. Some clients may be surprised to learn that a food like yogurt offers all three. For most clients I recommend a third of calories each from carbohydrates, fats and protein. There is a letter under each food group that denotes which macronutrients are in those foods. It is a good idea to write these in so that clients gain an understanding of which foods contain which nutrients. Eventually, clients will learn to how to create balanced menus on their own.

On the following two pages you will find examples.

Name of Your Practice: Name of your Client

Date:

Meal	Starch C, P	Fruit C	Vegetable C, P	Milk or Milk Alt. C, P, F	Lean Protein P, F	Fat F
Breakfast	X	X		X	X	X
Snack			X			X
Lunch			X		X	X
Snack			X		X	X
Dinner			X X		X	X

X = Either / Or

C = Carbohydrates

P = Protein

F = Fat

Example:

Meal	Starch C, P	Fruit C	Vegetable C, P	Milk or Milk Alt. C, P, F	Lean Protein P, F	Fat F
Breakfast	1 slice whole grain toast	1 peach		6 oz Greek yogurt		¼ avocado
Snack			Carrots			2 tbsp hummus
Lunch			Spinach, cucumbers, tomatoes, bell pepper		4 oz grilled chicken	2 tsp oil & vinegar
Snack			Lettuce		3 turkey slices (wrapped in lettuce)	
Dinner			Roasted cauliflower & crudite of jicama, celery, radish, cucumber		5 ounces grilled salmon	2 tsp olive oil

This chart is for your client to fill out while sitting with you so you can answer questions as he/she goes. Make sure to have the portion guide available to be used while doing this activity.

Meal	Starch C, P	Fruit C	Vegetable C, P	Milk or Milk Alt. C, P, F	Lean Protein P, F	Fat F
Breakfast						
Snack						
Lunch						
Snack						
Dinner						

You want this chart to be easy enough to navigate so that your client feels confident creating meals independently. Examples will follow. If your client is worried about being hungry, remind her she can always have another serving of vegetables, then protein; increase the veggies first! Point out that all of the components of the letter you presented fall into place in this chart. Re-visit **nutrient density** as you review your sample ideas and talk about why coconut chips may be a stronger choice than pretzels. Discuss **HQ** and the importance of never being too hungry or full (the food journal can also be helpful with this). Speak to **portions** and **proportions** of nutrients, emphasizing that it is okay to be liberal with veggies and then protein, but starches should be limited as you have instructed. Introduce the portion guide here as well. Show your client how to use it with the chart.

Breakfast:

Breakfast can include a cup of coffee or tea as your client likes, with the goal of removing all artificial sweeteners and sugar. These example breakfast ideas should take what your client is already doing (from your initial intake information) and improve upon it. There should be a method to your madness so the client can know how to make good choices that are consistent with what you'd recommend, even if you have not given that specific example. This example client should be able to think to himself "I get a starch, fruit, milk or milk substitute and fat or lean protein every morning." This is where it is important to reinforce portions and proportions as you walk them through the examples. If this client winds up having a starch for dinner, that is absolutely okay! As long as he is keeping in mind the other principles of portion, HQ and nutrient density. This is a flexible meal plan. If he doesn't have the fruit at breakfast, that is also okay! He can have one later in the day.

- **1 starch**
- **1 fruit serving (if client is not a big breakfast person, saving the fruit for the pm snack is good option too)**
- **1 milk or milk substitute**
- **1 lean protein or fat**

1. 1 slice ezekeil bread, toasted
Small pear, sliced
¼ avocado (on toast)
Tomato slice (on toast)
Salt and pepper to taste
Medium latte prepared with 2% organic milk

2. ⅓ cup cooked brown rice (mixed into yogurt)
2 dried apricots, chopped (mixed into yogurt)
6 ounces Greek yogurt (plain) with a drizzle of honey*
10 walnuts OR 1 tablespoon pumpkin seeds (sprinkled on top of yogurt)

**Yes, it is okay to veer off a little from the meal plan! You are honoring a preference or desire for sweet and that is a good thing!*

3. ½ cup cooked oatmeal
1 cup milk/almond milk/rice milk/hemp milk (to prep oats)
2 teaspoons natural peanut butter (mixed into oats)
1 small banana, sliced (served on top of oats)

4. 2 to 4 crispbread crackers (such as Wasa or Ryvita)
6 ounces low fat ricotta cheese (with a sprinkle of cinnamon)
1 tablespoon chia seeds or flax meal
5. Smoothie prepared with 1 cup frozen berries, 1 small banana**, 8 ounces milk or almond milk, 2 teaspoons nut butter OR 1 tablespoon flax meal
*** In this case, a banana is being substituted for the starch.*

AM snack choices:

Here your client can eat as many vegetables as he likes. Veggies will fill him up and keep him satisfied. Try to stick to the waterier veggies like cucumbers, tomatoes, celery, green beans and peppers. Be controlled with the fat though, so that the guacamole or hummus is just enough to enhance the veggies and keep him satisfied until lunchtime. Challenge him to try unusual veggies, like jicama, artichokes and hearts of palm so that there is a good crossover of variety and nutrients. He should have gotten in at least a cup or two of water by now. Of course every snack doesn't have to be veggies and a serving of fat. This is just a tried and true one that works for most. At AM snack, remind him to finish and then refill his water bottle.

- **Vegetables and healthy fat**
 - Cucumbers and red peppers with 2 tablespoons hummus
 - Sliced red peppers with 10 almonds
 - Grape tomatoes with 1 ounce feta cheese
 - Celery with 2 teaspoons almond butter or peanut butter
 - Carrot sticks and 1 tablespoon pumpkin seeds
 - 1 cup green juice with 10 almonds
 - Sugar snap peas with 12 large olives
 - 1 cup jicama sticks and 2 teaspoon Green Goddess dressing*

** Make sure to include recipes in your meal plan at the end, if necessary*

Lunch:

Be very specific with your recommendations at lunch -- include favorite restaurant spots, if possible, or call the employee cafe and see if there is a menu you can access to help make this part of the day as easy as possible.

- **At least 1 vegetable serving, but go for 2!**
 - **1 lean protein (4 - 6 ounces starting point for a meal; 2 - 3 ounces for a snack)**
 - **1 fat**
1. Spinach salad with tomatoes, cucumbers, peppers, artichokes
5 ounces tuna packed in water
1 tablespoon gorgonzola or feta cheese
Dress with balsamic vinegar and lemon
 2. Crudités (such as: peppers, celery, tomatoes, jicama, carrots)
1 cup lentil or black bean soup (such as Amy's organic)
1 ounce cheddar cheese
 3. 1 cup vegetable soup or sliced raw veggies
Roll-ups: 2 romaine leaves wrapped around 4 slices turkey breast, tomato and cucumber slices (¼ pound high quality turkey from the deli, such as Applegate Farms)
¼ avocado or 1 tablespoon hummus
 4. Green salad
4 - 6 slices sashimi of your choice
Miso soup or seaweed salad
1 tablespoon miso ginger dressing on salad
 5. Frittata or omelet prepared with 2 eggs, spinach, peppers, onions and mushrooms
1 tablespoon feta cheese

PM snack choices:

Some clients struggle in the afternoon. They may feel “good” or “in control” all morning but somewhere around 3PM the wheels come off. This may be due to the morning coffee wearing off and fatigue setting in. It may be stress. It may be that they have not eaten enough to feel satisfied because of a “diet” mentality or it may be habit. Before going for the vending machine, or writing the day off as a waste and eating candy, have them check in with their hunger quotient. Have them use their food journal here to objectively see what has been eaten thus far. Encourage a decaf green tea with the afternoon snack because the warmth is comforting and will slow ‘em down. It also helps to boost feelings of satiety. Remind clients to BE PREPARED for this snack. If they know a pre-planned snack from home is waiting to be eaten, they’ll be less likely to make a weaker choice.

- **Vegetables and lean protein or fat (often clients have fruit here with the protein or fat as an “extra” fruit or a replacement of fruit that was missed at breakfast and then choose to skip the veggies)**
 - Snap peas with 1 hard boiled egg
 - Carrots with 10 almonds
 - Seaweed salad with 3 ounces tofu
 - Celery sticks and 2 teaspoons peanut butter
 - Endive leaves and ½ cup three bean salad
 - Caprese salad of tomatoes, 1 ounce (¼ inch slice) mozzarella and basil (dress with vinegar)
 - Green salad with 3 ounces tuna and balsamic vinegar
 - 1 cup greens juice with 10 cashews
 - Green apple with 2 teaspoons natural peanut butter
 - 1 cup blueberries and 3 ounces turkey slices

Dinner

Even your clients who do not cook can be encouraged to make a pot of a whole grain and roast a bunch of veggies on a Sunday, so they are available during the week to get a dinner on the table fast. But, remember to honor the lifestyle of your client - don’t make them cook if they use their oven for storage. If eating pizza on Fridays is a staple, leave a healthful version in.

- **1 lean protein**
- **2 vegetable servings**
- **1 starch**
- **1 fat**

1. 2 eggs prepared as you like with 1 teaspoon olive oil
Steamed or roasted kale with 1 teaspoon olive oil
½ cup quinoa, cooked
Mixed green salad with balsamic vinegar
2. 4 ounces turkey, lean beef or veggie burger
Lettuce, tomato and onion
Roasted asparagus
Baked sweet potato with a smear of butter, instead of bun
3. 2 large turkey meatballs (golf ball size) or 4 ounces ground turkey, beef or chicken
Steamed broccoli
Mixed veggie salad with balsamic vinegar
½ cup whole wheat pasta
2 teaspoons of olive oil
4. 4 ounces baked or grilled wild salmon with garlic, thyme and rosemary
Bed of spinach
Roasted green beans
½ cup bulgur, teff or spelt
2 teaspoons olive oil and squeeze of lemon
5. 4 ounces broiled grass fed beef fillet or tenderloin
Roasted Brussels sprouts
Kale salad with 1 tablespoon shredded parmesan cheese and balsamic vinegar
Small baked potato or ¾ cup roasted winter squash

Dinner alternatives:

Life happens - to all of us. We don't always have time or groceries to eat as clean or well as we would like. There should be some staples in every client's home so that if time or supply is an issue, they can still eat well. There should always be a couple "go to" meals that can be put together with whatever is in the freezer and pantry.

- Dr. Praeger's or Hilary's veggie burger & bag of frozen veggies
- 1 cup Amy's Black Bean soup with 2 crispbread crackers & 3 tablespoon grated parmesan cheese

- Freebird Grilled Chicken Strips
- Luvo frozen dinners

Snack Alternatives:

Sometimes you forget your snack in your gym bag. Sometimes your veggies don't seem so fresh. Sometimes you just crave something a little different or your HQ tells you that you need something a little heartier. These snacks can satisfy without taking you off track.

“Sweet” snacks:

- Green apple with 2 teaspoons almond butter and a sprinkle of cinnamon
- Bars: Lara Bar, Kind Bar, Oatmega, Primal Kitchen, GoMacro
- Trail mix: 1 tablespoon cashews, 1 tablespoon pumpkin seeds, 2 dried apricots
- 6 ounces Greek Yogurt, ½ cup raspberries, 1 teaspoon honey

“Salty” snacks:

- 1 cup edamame in pods, sprinkled with sea salt
- Raw and unsalted double portion of nuts
- Annie Chun's seaweed snacks & 2 pieces jerky (Epic, Wilde, Larissa's)
- 2 crispbread crackers spread with 2 tablespoons guacamole
- 3 cups air popped popcorn (unsalted) with 1 tablespoon Parmesan cheese (or 100 calorie snack bag of Skinny Pop popcorn)
- 2 crispbread crackers with thin spread hummus, sliced tomato and cucumber slices

Seamless Substitution Chart

Always try to look up your clients' favorite restaurants and make recommendations. It shows you are really going the extra mile and is incredibly helpful. Customize the chart below to honor their food preferences and tastes.

	Nutritious Life Approved Meal
Japanese	6 slices sashimi such as tuna, yellowtail or salmon Green salad with dressing on the side or seaweed salad Edamame
Italian	House salad with shaved parmesan (dress with balsamic vinegar) or 1 cup minestrone soup Grilled fish with broccolini OR chicken paillard with tomatoes and arugula OR grilled mixed seafood
Mexican	Shrimp fajitas (no flour tortillas): shrimp, onions & peppers 1 tablespoon guacamole OR cheese OR Taco salad with black beans, no shell
American	Turkey burger-no bun; side steamed veggies; salad with 1 tablespoon vinaigrette OR 2 egg omelet with veggies and green salad with 1 tablespoon vinaigrette
Thai	Papaya salad or Tom Yum soup Steamed shrimp with vegetables with 2 tablespoons curry sauce on side OR chicken satay with 1 tablespoon sauce

RECIPES

Include any recipes that have been mentioned in the meal plan. In the sample above we recommended a Green Goddess dressing.

Green Goddess Recipe

Time: 10 minutes

Serves: Approximately 16 tablespoon servings

INGREDIENTS

- 1 cup (packed) watercress leaves
- $\frac{3}{4}$ cup (or more) plain Greek yogurt
- $\frac{1}{3}$ cup low fat sour cream
- 2 tablespoons (packed) chopped fresh dill
- 2 tablespoons (packed) chopped fresh basil
- 2 tablespoons chopped green onion
- 1 tablespoon (packed) chopped fresh mint
- 1 teaspoon red wine vinegar
- $\frac{1}{4}$ teaspoon hot pepper sauce

DIRECTIONS

Blanch watercress in medium saucepan with boiling water 30 seconds. Drain. Pat watercress dry with paper towels. Transfer watercress to blender. Add all remaining ingredients and puree until smooth, thinning with more yogurt or water, if desired. Transfer dressing to bowl. Season dressing to taste with salt and pepper. (Can be prepared 3 days ahead. Cover and refrigerate.)